



Quarter 4 News

October 1st—31st is Open Enrollment

Information about Open Enrollment for 2018 is posted on the State Employee Health Plan website. <http://www.kdheks.gov/hcf/sehp/PY2018-Info.htm>.

This year will be an **ACTIVE** enrollment and all employees will need to make their health elections during Open Enrollment in the Membership Administration Portal (MAP). <https://sehp.member.hrissuite.com/>

Member Portal

Home Register Sign In

Member Login

Email address

Password

Sign In

Not Yet Registered?

To gain access to the Member Portal you will need to verify your identity by registering. If you have not already registered your account, please [click here](#) to register now.

Trouble Logging In?

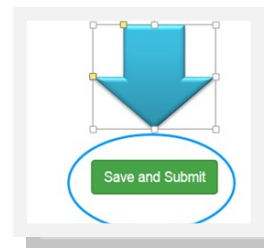
If you are having trouble logging in, or have forgotten your username or password, you may re-register your account to gain access. [Click here](#) to register now.

***During the month of October, you will need to log in to the Membership Administration Portal (MAP) and complete the election process for 2018 .

- EEs need to “Save and Submit” elections
- Print the Pending Elections Statement

Review and Submit

Please review the elections you made shown below. If you are satisfied with these elections, please click the "Save and Submit" button to continue



- [2018 Open Enrollment Book for State and Non State Public Employees](#)
- [2018 Open Enrollment Meetings and Webinars](#) - Here you will find a list of Meetings and Webinars for State Agencies, Non-State Agencies as well as Direct Bill Retirees
- [Active State Employee Rates](#) - Effective 1/1/2018





Aetna Medical Benefits & Transparency Tools

State of Kansas employees and Non State employees have the option of enrolling with Aetna, for their medical carrier, during this Open Enrollment. This webinar will provide details on Aetna coverage, their provider network, transparency tools and how to navigate within their website. Aetna medical coverage will offer Plans A, C, J, N and Q. Please register for the date and time that works best for you:

<https://attendee.gotowebinar.com/register/62101901630798083>

- Friday, September 29, 2017 at 1:00 PM
- Tuesday, October 10, 2017 at 1:00 PM

After registering, you will receive a confirmation email containing information about joining the webinar. You will also receive another email one hour prior to the webinar with the webinar log in information. Sound will be broadcast over the internet so your computer will need to be equipped with speakers to hear the broadcast.

NueSynergy Webinars on Flexible Spend Act (FSA)

State of Kansas employees have the option to elect Flexible Spending Acts (FSA) during this Open Enrollment. Plans A, J and Q have the option of selecting a Health Care FSA as well as Plan C and N who elect an HRA. Plans C and N who elect an HSA have the option of selecting a Limited Purpose FSAs for dental and vision. Employees with dependent children have the option of selecting a Dependent Care FSA for use to pay for child care expenses such as daycare. Learn more about how an FSA can benefit you by attending this webinar by NueSynergy.

State of Kansas Flexible Spending Act (FSA) Program occurs several times. Please register for the date and time that works best for you:

<https://attendee.gotowebinar.com/rt/995083697247147010>

- Sep 29, 2017 10:00 AM CDT
- Sep 29, 2017 11:00 AM CDT
- Oct 02, 2017 3:00 PM CDT
- Oct 02, 2017 4:00 PM CDT

After registering, you will receive a confirmation email containing information about joining the webinar. You will also receive another email one hour prior to the webinar with the webinar log in information. Sound will be broadcast over the internet so your computer will need to be equipped with





MetLife is partnering with the State of Kansas to provide Accident, Critical illness, and/or hospitalization coverage. Each benefit provides coverage that compliments your medical plan.

Accident Insurance—Accidents happen frequently and can be very costly. Accident insurance payments **are made directly to you**, and can be used in any way you see fit. There are over 150 covered events and **coverage is guaranteed** for you and other eligible family members.

Critical Illness Insurance—Critical illness insurance covers specific conditions such as cancer, heart attack or stroke. Plus, it will provides a lump-sum payment if you are diagnosed with a covered condition, helps you focus on your recovery instead of your finances.

Hospital Indemnity—Group hospital indemnity insurance provides a **lump-sum payment directly to you**, if you or a covered family member should become hospitalized. Payments are made directly to you, not your healthcare provider and can be used in any way you see fit. **Coverage is guaranteed** for you and other eligible family members.

Visit www.metlife.com/stateofks for more information or call **1 800 GET-MET8 (1-800-438-6388)** Monday through Friday, 8 am – 8 pm EST to speak to a MetLife Benefits Consultant. To enroll, State Employees will enroll online through the Membership Administration Portal (MAP) at <https://sehp.member.hrissuite.com/>

Saving on your prescriptions
just got easier.

**The power of Rx Savings Solutions
is now available in an app!**

Download the Rx Savings Solutions
app today to view prescription
pricing and easily access your
personalized prescription savings.



Rx Savings
Solutions



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Google Play™ or the App Store®.

Rx Savings Solutions has partnered with your health plan to save you money on prescriptions. We utilize your claims history to find opportunities to save money on medications you and your family are taking. Google Play and the Google Play logo are trademarks of Google Inc. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc., registered in the U.S. and other countries.

Focus on Women's Health Month.

Did you know you make 200 decisions about food every day? Make the easy choice and get your daily fill of fruits and veggies in a delicious smoothie. Read more about the benefits of smoothies to women's health. Smoothies are also a healthy option for men!

The Virtues of a Smoothie...

Pack Your Protein

Proteins are an important part of your bones, muscles, and skin. Good sources of protein include: milk, yogurt, and nut butters.

Need Calcium and Iron?

Blend It Up!

Get your dose of bone-building vitamins by blending in some spinach (for iron) and kale (for calcium).

Heart - Healthy Fats Do a Body Good

Omega - 3 fatty acid helps your body work well. Blend in some walnuts and flaxseed to increase your healthy fat intake.

Get In Your Daily Serving of Fruit and Veggies

They are a great way to get the vitamins and nutrients you need. Add an orange to get in your dose of potassium which helps to lower blood pressure.

Find Your Mindful Moment

De-stress by taking a quiet moment to sip a smoothie and find your zen.



There Are 3 Months Left To Earn Your HealthQuest Premium Incentive for 2018



Employees and spouses enrolled in medical plans A and C, you have until Sunday, **December 31, 2017** to complete your Health Assessment (worth 10 credits) and earn 40 total HealthQuest Credits and get the **premium incentive** of \$480 for 2018.

Plan C members and covered spouses, the deadline **for credits to be posted and for you to receive HSA and HRA dollars** for completing HQ activities is **November 9th, 2017**. This means credits **must be posted** in the HQ portal by **November 9th, 2017** to receive the HSA or HRA contributions.

Log on to: <https://kansashealthquest.cernerwellness.com> to complete your Health Assessment and earn your total credits.